

# Leave Emergency for emergencies

HEALTH Waikato physicians are asking Waikato residents to keep an eye on their health before the Christmas/New Year holiday period.

In 'silly seasons' gone by, trauma cases and those presenting from alcohol and drug-related incidents lifted the number of people presenting at Health Waikato emergency departments. However, others needed help because their GP closed down and the only place to go was an emergency department.

Waikato Hospital emergency physician Dr John Bonning said those people could avoid a long wait by planning better.

"Non-emergency presentations are not a problem for us working in emergency as we carry on seeing acutely sick and injured patients. They are however a problem for those that present with non-urgent problems, as they have to wait – sometimes many hours – before they are seen.

"If you come to ED with a non-urgent and non-emergency condition, you will still get care; you will just have to wait for that

care while we deal with more urgent cases. This can take many hours that during the holidays would be better spent relaxing with friends and family.

"You may be given advice that your health problem is better assessed elsewhere so that you have the choice as to whether to wait or not."

Dr Bonning said it was important that people with acute medical problems did not hesitate to come to ED, but those with ongoing chronic conditions such as stable asthma, diabetes, high blood pressure, or heart failure, should do their best to manage them by having a check up at their GP and getting repeat prescriptions filled to cover that period.

In December 2007, 4442 people presented at Waikato Hospital's ED, with January 2008 figures reaching 4559 – well above the 2007/08 monthly average of 4404.

"Waikato Hospital ED is always well prepared for the holiday period, and it is all hands on deck for staff; we can't have a summer shut-down" said Dr Bonning.



**HECTIC PACE:** Waikato Hospital emergency physician Dr John Bonning is urging Waikato residents to see their GP before primary care closes down over the Christmas/New Year period.

"Part of this management plan is our team of clinical nurse specialists who are trained to manage low-acuity or more minor patients. If you come to ED with a minor problem, these are the people who will most likely treat you."

Dr Bonning and medical officer of health Dr Felicity Dumble are Waikato District Health Board's voices of the 'Emergency

for Emergencies' radio campaign asking people to keep themselves well this summer.

"My advice is to drink sensibly, never drive under the influence of alcohol and don't get into fights. Take your medication regularly, eat healthily and stay active," said Dr Bonning.

# Schools healthy changes win awards

LUNCHTIME dance sessions and a breakfast café have won two Hamilton schools an award each for improving the healthy habits of their students.

Fairfield College and Berkley Normal Middle School both received awards for their student-led initiatives that improved the eating habits physical activity levels of their students.

The two schools participated in Fuelled 4 Schools, a Ministry of Education pilot programme that encouraged students to come up with solutions for their school that would create a healthier environment.

Berkley received the intermediate/middle school achievement award for their breakfast café, named Fuel2Go, and Fairfield received the "Hauora Award" for improving the overall health of their school through lunchtime hip hop dance sessions, breakfast packs and students quizzes and competitions.

Both schools also replaced unhealthy food from their canteens with more nutritious options.

Waikato District Health Board Healthy Eating Healthy Action (HeHa) project director Janet Hanvey commended the

schools on their achievements.

"It's no easy task to get young people to change their eating habits.

"It's great that the students were able to get involved to identify solutions that are unique to their own needs," Ms Hanvey said.

Berkley Normal Middle School focused on Fuel2Go, their student-led breakfast café, after a survey of students found that a number of them, especially Year nines, weren't eating breakfast before coming to school.

Lead teacher Jennie Scott said the café has received positive feedback from students.

"The student committee run it every Friday, from set-up to cooking and serving.

"Students only have to pay \$1 to get a full buffet breakfast of cereals, fruit, toast spaghetti, baked beans and eggs.

"This is particularly helpful for the students who catch buses or struggle to get out of bed.

"Sometimes they just don't have time for breakfast and the feedback from parents has been positive too," she said.

The student committee involved in



**Fuel2Go:** Berkley Normal Middle School teacher Jennie Scott said their breakfast café has been well received by both students and parents.

breakfast café also worked closely with the canteen manager to decide on new, healthier canteen food that students would like to eat.

Mrs Scott said the students came up with healthier ideas like fruit smoothies and toasted sandwiches to replace unsuitable foods and other confectionery.

Berkley and Fairfield were chosen by the Ministry of Education to take part in the Fuelled 4 School pilot which is part of a larger youth lifestyle campaign, Mis-

sion-On, aimed at young kiwis.

The pilot focused on helping intermediate and secondary school students to stay on top of school by:

- eating breakfast
- choosing healthier lunch and snack options and
- drinking more water and fewer sugary drinks
- staying active.

Each piloted school received a total of \$1500.



Fresh faces for fresh spaces



Waikato Hospital Neonatal Intensive Care Unit (NICU) is just weeks away from moving into their new building and the team is looking for some fresh faces to enjoy working in its fresh spaces.

The new NICU is shaping up to be a beautiful environment to work in, providing a lot more space and a whānau-friendly unit. Add to that a fantastic team and work flexibility, and that's the reason so many nurses travel far and wide to work at Waikato's NICU.

NICU nurses – would you like to work in a unit that offers:

- a highly supportive team environment
- considerable job satisfaction
- comprehensive orientation
- extensive learning opportunities
- flexibility with roster
- opportunities to care for sick and premature babies
- chances to work with families.

If this sounds like you, come along to our open afternoon, 12noon-2pm Thursday 18 December to get a sneak preview of Waikato Hospital's brand new Neonatal Intensive Care Unit and find out why it's such a popular place to work – it could be you!



www.waikatodhb.govt.nz



# New space for Waikato Hospital newborns

NEWBORNS requiring intensive care at Waikato Hospital will be in a much larger, brighter and more modern space from February when the new Neonatal Intensive Care Unit (NICU) opens.

The new NICU, located above delivery suite, will have brand new facilities and be four times larger than the old premises.

NICU unit manager Gem Williams said it will be a huge improvement.

"It's all very exciting. Staff are looking forward to moving in and showing off the new premises which will be a much more comfortable space," she said.

Construction on the new NICU began in October 2007 with an extension out from the existing premises. Access will be through the old area on Level B1 of the Elizabeth Rothwell Building.

The new nurseries will be a much lighter and brighter place for babies and their families with some having Hamilton Lake views.

Each cot space will also have its own piece of modern technology with high-tech ceiling-mounted pendants installed above each cot that hold all the necessary gases, oxygen, suction, intravenous pumps and a computer monitor.

Mrs Williams said the pendants, ordered from a specialist in Australia, allow

everything that is required to care for the newborn to be within arm's reach.

"Previously there would be a whole lot of equipment around the cot but these pendants put it all in one place above the cot at eye level.

"It will be so much more convenient for staff and will not only replace all the machinery but all the cords that come with them too," she said.

Mrs Williams said the pendants also have an emergency call button.

"In the older premises, this was in the middle of the nursery and required the nurse to move away from the baby to call for assistance."

With two arms, the pendants are able to be easily moved around the cot and have brakes to ensure they stay in one place.

Mrs Williams added that staff will be provided with specialist training on the use of the new pendants but they were all looking forward to the improvements they will provide to the unit.

Coinciding with the opening of NICU will also be the completion of the final stage of refurbishment for the hospital's delivery suite.

Opening ceremonies will be held in early 2009 to open the two areas.

**HIGH-TECH:** Gem Williams, NICU unit manager, and project manager Chris Baker demonstrate how the new pendants will benefit staff and patients.

## Diabetes clinic moves from hospital grounds

WAIKATO District Health Board's regional diabetes service has relocated to newly refurbished premises on 26 Clarence Street within Hamilton.

The service, known to some as Waikato Hospital's Diabetes Clinic, moved last week and started operating from its new location on Monday.

Diabetes educator Suzy Ryan said information and new location maps will be sent out to patients with their next appointment letters.

"We've all been looking forward to moving into the building on Clarence Street.

"Access will be much easier for our patients with hassle-free parking right outside and having all of our clinics and staff located in one building will make working together much easier," she said.

The Waikato Regional Diabetes Service has 14,000 people registered on its system.

Many of these people travel from across the Waikato DHB region into Hamilton to attend regular appointments at a range of medical and educational clinics including:

- teenage diabetes
- insulin pump programmes
- the Adult Weight Management Programme
- podiatry
- psychology; and
- diabetes and pregnancy.

The relocation of the service is part of the \$252 million Service and Campus Redevelopment project currently underway at Waikato Hospital which is resulting in a number of community based services moving off the Waikato Hospital campus.

If you are a patient of the Waikato Regional Diabetes Service and have questions about the new Clarence Street location, please phone the service on 07 839 8701.

## Mental health facilities upgrade begins

WITH other parts of the project coming to a close, work on the next part of Waikato Hospital's redevelopment is just getting underway - a forensic mental health upgrade.

Refurbishment of the three forensic wards in the Henry Rongomau Bennett Centre is first up for this part of the project that also involves construction of a retaining wall, two buildings and a new main entrance for the service.

Work to refurbish the first ward started earlier this month.

The Midland Regional Forensic Psychiatric Service provides assessment, treatment and rehabilitation to individuals who are part of the criminal justice system and experiencing mental health difficulties.

A number of these people are provided with this care in the Henry Rongomau Bennett Centre and can stay in the centre for long periods of time.

For this reason, Waikato DHB service manager Rachael Aitchison said it is important that the facilities meet individual and cultural needs.

"It's an exciting and busy time for everyone working in forensic mental health at Waikato Hospital.

"We are looking forward to being able to have facilities that match and build on the care that is already being delivered," she said.

Clinical director Dr Rees Tapsell is also looking forward to the improvements.

"It's exciting to be a part of a development that will improve the care and treatment given to forensic mental health service users.

"With the new and improved facilities, the forensic service will be able to provide better clinical and cultural services in a safe and appropriate environment," he said.

The new buildings will be a whare and kokiri centre for cultural activities and rehabilitation.

The whare will be where service users and their family/whānau can participate in cultural activities, rehabilitation programmes, meetings and special



**NEW HEART:** A whare and kokiri centre will be built as part of the forensic mental health upgrade.

whānau days.

The Kokiri Centre will have a focus on rehabilitation activities including cooking, carving, art, computer skills, carpentry and talking groups.

"The refurbished wards and the new whare and kokiri centre will give the service a new heart and provide a focus on culturally appropriate treatment and rehabilitation," Dr Tapsell said.

When complete, the refurbished wards will have more indoor and outdoor space including dedicated areas for women and intellectually disabled people who require secure assessment and care.

The refurbishment of these areas will also make room for five service users

to be returned to the Henry Rongomau Bennett Centre who have previously received forensic care from other facilities in New Zealand.

The work will also allow the centre to deliver a more comprehensive patient care journey starting with acute admission, sub acute, care and rehabilitation in a variety secure environments.

Service users will move through these areas/wards as they are rehabilitated, with their treatment to be completed in Waikato Hospital's Transition House where they have an opportunity to build further life skills before returning home to their communities and family/whānau.